

## The Great Shake of 2001

It comes out of thin air (actually the ceiling mounted speakers) and without any advance notice (well, that is unless the building shakes first). "May I have your attention please, may I have your attention please. This is the Building Manager . . . ." Generally not the type of announcement that invokes warm and fuzzy emotions. However, that's just what JFB tenants heard not once, but three times on Wednesday, February 28.

**Have you reviewed your JFB Emergency Procedures Handbook recently?**

We are pleased to report that the JFB responded to the 6.8 earthquake exactly the way it was designed. The minor cracks appearing in the gypsum

wallboard are cosmetic and pose no threat to safety. A special thanks to Doug Hallet and his IRS associates for their many years of hard work with emergency plan development, floor warden training, and drills. It's no doubt that we walked away from the quake without serious injuries due, in a large part, to the training and drills.

Which bring up a good question; have you seen your JFB Emergency Procedures Handbook recently? One of the very best ideas we've heard is to keep it under your phone. (If you can't find your copy and your supervisor doesn't have

## Tenant Spotlight

By L. Jay Pearson

We are your new neighbors. Senator Maria Cantwell is assembling a top-notch staff for her Jackson Federal Building — Seattle office to serve as the centerpiece of her activities in support of her constituents throughout the state. We are grateful to all the folks who have worked so hard to help us set up our operations here in 3206. We moved into a 5<sup>th</sup> floor suite on January 3, 2001 and less than a month later we were moved into our new, permanent office on the 32<sup>nd</sup> floor.

We also have offices in Spokane and Vancouver and will, in the near future, have other offices around the

state.

Senator Cantwell's office staff is delighted to be here in Jackson Building with so many dedicated federal employees. Allow me to introduce all of you to our staff. Starting with two charming and bright individuals, Kristin Jacobson and Alex Morgan staff us at our reception desk. If you come visit or call you will receive a warm greeting from both of these fine people. We have 5 staff that are constituent services representatives for Senator Cantwell and the people of



(See "Spotlight" on page 2)

*Earthquake tested and approved*



## Fitness Center News

By Chrissie Kristl, ACSM

### Training to Run

Running races is a great way to support a cause and training for the event is a super way to stay or get into shape. A 3.1 mile race is the perfect length to aim for as a beginner.

Try this suggested training program. If you have not been walking, start an eight-day walking program by walking 20 minutes the first four days and 30 minutes the last four days. If that's not a problem, try running for two minutes and walking for four minutes five times consecutively for a total of 30 minutes.

Do this routine three times per week. Each week, add one minute of running and subtract one minute of walking. Increase each week until you are running comfortably for the full 30 minutes. Have fun!

The Fitness Center may be reached on 220-6134. Fitness Center hours are 5:00 AM - 7:00 PM. ❖

**Editor's Note:** GSA and the Fitness Center Committee are still searching for a sponsor or management firm to keep the Fitness Center open. FedSource (aka CASU and FBA) announced it's intent to cease operations of the Fitness Center by October 1, 2001. Watch the JFB website for up-

## Spotlight

(continued from page 1)

Washington State. These people assist constituents with problems and concerns they are having with federal agencies, and do their best to point them in the correct direction. Our Director of Constituent Services is Jay Pearson former Regional Administrator at GSA. He is joined by Allison Endert, Marsha Cooper, Lee Lambert and Ken Pierce. Another part of our Constituent Services team are our community representatives which in Spokane and Vancouver are Robert Thoms and Liz Luce. Other representatives will be joining the staff very soon. Annette Booth, who has been with Senator Cantwell since her time in the State legislature, is acting as Senator Cantwell's scheduler when she is home working with constituents. And finally our state staff leader is Kurt Beckett. Kurt is Senator Cantwell's Deputy Chief of Staff.

We would all love the opportunity to meet our neighbors of the Jackson Federal Building. If you have never ventured to the 32<sup>nd</sup> floor, please do so and help us get to know our new neighbors. Please feel free to come visit us and take a quick tour of our new office. It's great to be here! ❖



## Quake

(continued from page 1)

extras, just stop by the GSA Building Management Office in room 106.)

In the handbook you will notice that our response to earthquake is different than fire or bomb threat. For an earthquake we stay in our work areas, away from windows, and under any available furniture. What we do not want to do is leave the building. Leaving the building exposes you to very dangerous falling debris (i.e., bricks, window glass, etc.).

**DUCK,  
COVER,  
HOLD.**

Please review your JFB Emergency Procedures Handbook and keep it in a convenient location. ❖

## Downtown Views

**Downtown Views** is a quarterly newsletter published by GSA's Jackson Property Management Team to help keep tenants informed of building related issues, events, and policies. Copies may be obtained at the Cafeteria, Self-Serve Center, or Building Web Site ([www.northwest.gsa.gov/jfb](http://www.northwest.gsa.gov/jfb)).

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Please direct all correspondence to: Steve David, Editor, Downtown Views, GSA, 915 Second Avenue, Room 106, Seattle, WA 98174. (fax 220-5025 or e-mail at [jackson.pmt@gsa.gov](mailto:jackson.pmt@gsa.gov))



**9:00 AM to 4:00 PM**

**206-682-7622**

**[www.nwfcu.com](http://www.nwfcu.com)**



**Something Broken?**  
**Call the GSA Service**  
**Hot Line on 220-5050**

## Project News

### Take Our Children to Work

It all started back in 1993 with the creation of the first national "Take Our Daughters to Work Day." Then in 1998 national "Take Our Sons to Work Day" was established.

In an effort to involve all children, we developed the JFB "Take Our Children to Work Day." This year, our fifth, the event will take place on Thursday, April 26 (always the 4th Thursday of April).

Also in the spirit of the original theme, we will focus our event around the real world work life of federal parents. In previous years we inadvertently allowed the event to mushroom into entertainment and day care.

The JFB event is scheduled to run from 11:00 AM to 1:00 PM in the 4th floor Auditorium. This will allow children to spend the morning with their parents in the work place. Due to the semi-mature content of the event, participation will again be restricted to children in grades 1 through 12. Advanced registration is encouraged — forms are available in the Credit Union on the 2nd floor.

For additional information, please contact Lynn Nishimura, NWFCU, on 682-7622 or Steve David, GSA, on 220-5055. ♦

### FEDERAL DAY CARE

Little Eagles  
 Second & Madison  
 Ph 382-9869

Green Tree  
 Sixth & University  
 Ph 553-8212

### Credit Union Remodel

On February 1, 2001, we began to see fresh new colors, carpet, and furniture showing up in the branch. The redesign moved the teller line providing more generous space for both members and staff. Completion of the remodel is anticipated around the second week of April. Be sure to stop by, see the changes and check out the Remodel Specials.



*New teller line in NW Federal Credit Union on 2nd floor.*

### Lighting Projects

GSA hopes to provide tenants more control over lighting while also conserving energy through two special projects.

The first, dial up lighting, is practically complete. It replaces the obsolete corridor switches which required the use of a special "pronged key" or the fabrication of such from an ordinary paper clip. Tenant agency officials are being given confidential access codes which will be used to turn lighting on from any touch tone phone.

The other project, group relamping, is scheduled to be accomplished this summer. GSA will contract to have lamps replaced in

the four foot fluorescent ceiling mounted light fixtures. However, only one lamp per fixture will be replaced, but all fixtures will be energized. This will result in improved light distribution and overall appearance while also conserving electricity.



*The Rattle in Seattle  
 by Robert C. Johnson, IRS*

### Fourth Floor Lobby

As part of a nation-wide program called "First Impressions," GSA is designing a major alteration of the 4th floor (Second Avenue) lobby. Construction of a large glass pavilion will extend the lobby out onto the plaza area. Extensive renovation of the existing lobby will modernize and improve directional guidance. Construction is expected this fall. A similar renovation of the 1st floor (First Avenue) lobby will be

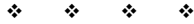
### Telephone List

Cafeteria, 622-3947  
 Conference Rooms, 220-5052  
 Credit Union, 682-7622  
 Fitness Center, 220-6134  
 General Info, 220-5055  
 Health Unit, 220-7630  
 Lost & Found, 220-5055  
 Security, 253-804-4771  
 Service Calls, 220-5050  
 Telephones, 220-5005

**EMERGENCIES**  
**253-804-4777 (24 hrs)**

### Bits and Pieces

The next Quarterly Tenant Meeting is scheduled for 10:00 AM, Wednesday, April 18, 2001 in the Evergreen Room (3086). All tenant agency representatives are encouraged to attend.



GSA will sponsor a Spring Cleaning event the week of April 30. Tenants are welcome to place non-hazardous trash into a special dumpster that will be located on the 3rd floor loading dock between the hours of 11:00 AM to 1:00 PM. This is a good time to get rid of your unrepairable furniture and office equipment for free!



As a natural evolution of technology, this is the last scheduled edition of the *Downtown Views*. Please watch for building related information on the JFB website.

There is a building-wide earthquake



drill scheduled for late April.

### Q and A Things You Should Know

**Q:** "What is the purpose of the corridor signs that read "Regulated area above ceiling — no access?"

**A:** Access to the space above the suspended ceiling is strictly forbidden to anyone without express permission from GSA Building Management. Opening of the ceiling exposes asbestos containing material. GSA personnel are specially trained/certified and utilize special procedures to safely access such areas. (We are currently in the process of installing new and more descriptive signs to help communicate the hazard.) ❖

### Calendar of Events

Apr 20 Blood Drive,  
 South Auditorium,  
 9:00 AM – 3:00 PM

Apr 26 Children to Work,  
 Auditorium,  
 11:00 AM – 1:00 PM

Apr 30 Spring Cleaning,  
 3rd Floor Dock,  
 All Week,  
 10:00 AM – Noon

May 18 Blood Drive,  
 South Auditorium,  
 9:00 AM – 3:00 PM

May 28 Memorial Day,  
 Building Closed

Jun 15 Blood Drive,  
 South Auditorium,  
 9:00 AM – 3:00 PM

### More Bits and Pieces

There is still an energy crisis; don't expect to see conservation measures relax anytime soon.



### Thank You



for using your  
 JFB recycle  
 containers!

We are proud to report that on March 26, 2001 the GSA managed historic Courthouse located at 1010 Fifth Avenue, was rededicated to honor Medal of Honor Recipient, William Kenzo Nakamura. ❖



### Your GSA Jackson Property Management Team

Visit Our Web Site At: [www.northwest.gsa.gov/jfb](http://www.northwest.gsa.gov/jfb)

#### Administrative Services:

Laura Wright, Steve David,  
 & Michael Westvold.

#### Mechanical Services:

Owen Butler, Diane Murdock, Robert Manos,  
 Chuck Eddington, Ted Peros, & Bob McDaniel.